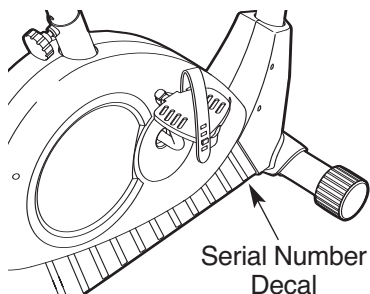


WESLO®

pursuit T 89

Model No. WLEVEX1436.0

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

08457 089 009

Or write:

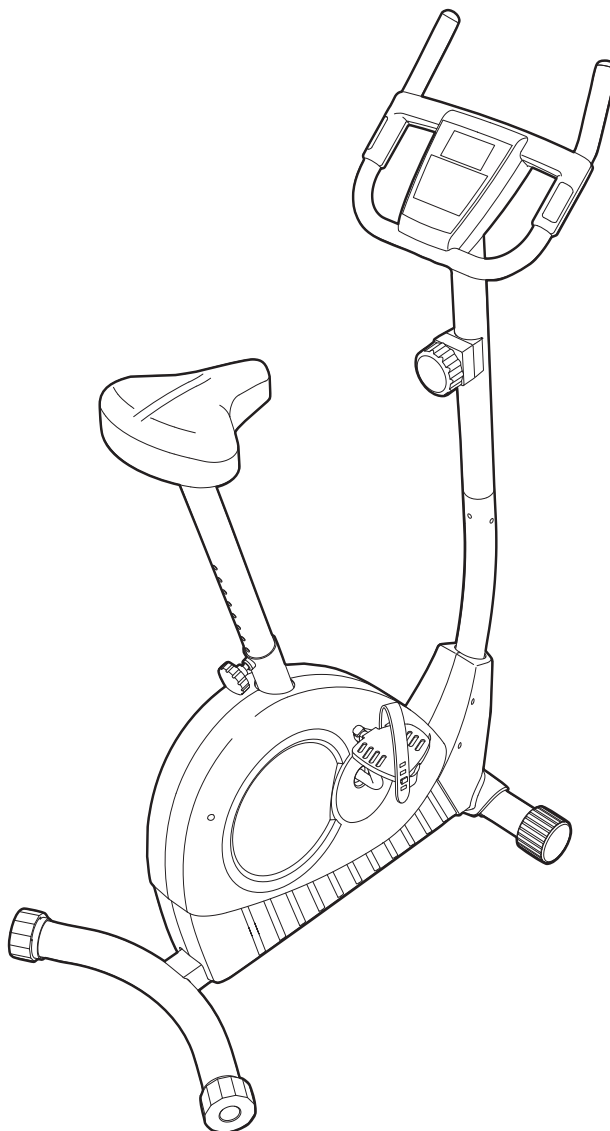
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



Visit our website at

www.iconeurope.com

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the exercise cycle at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. The exercise cycle should not be used by persons weighing more than 113 kg (250 lbs).
10. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Always keep your back straight while using the exercise cycle; do not arch your back.
12. If you feel pain or dizziness at any time while exercising, stop immediately and cool down.
13. The warning decal shown on page 3 has been placed on the exercise cycle. If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

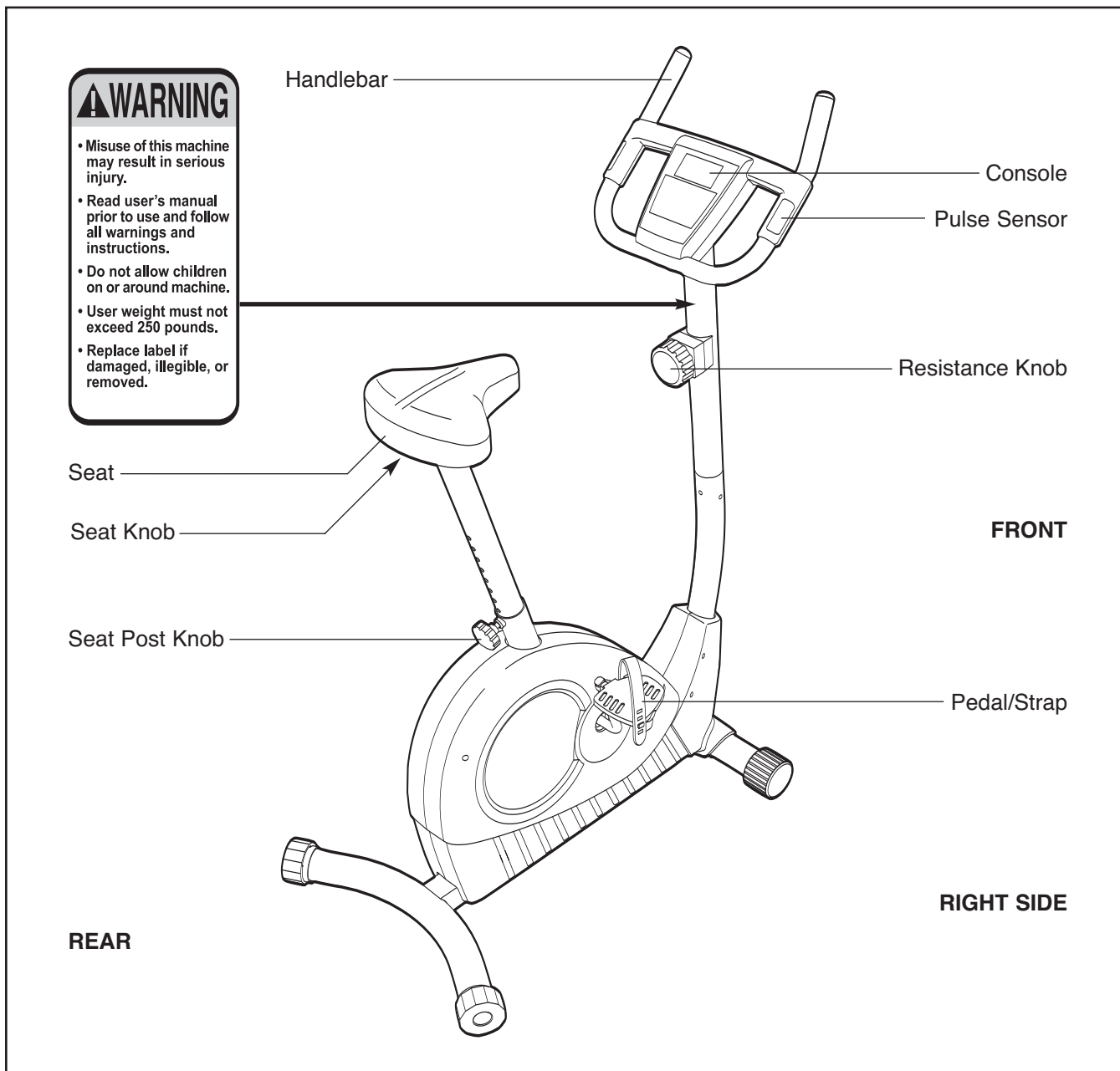
BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® PURSUIT T 89 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The PURSUIT T 89 exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.


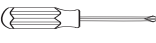

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions

after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is WLEVEX1436.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

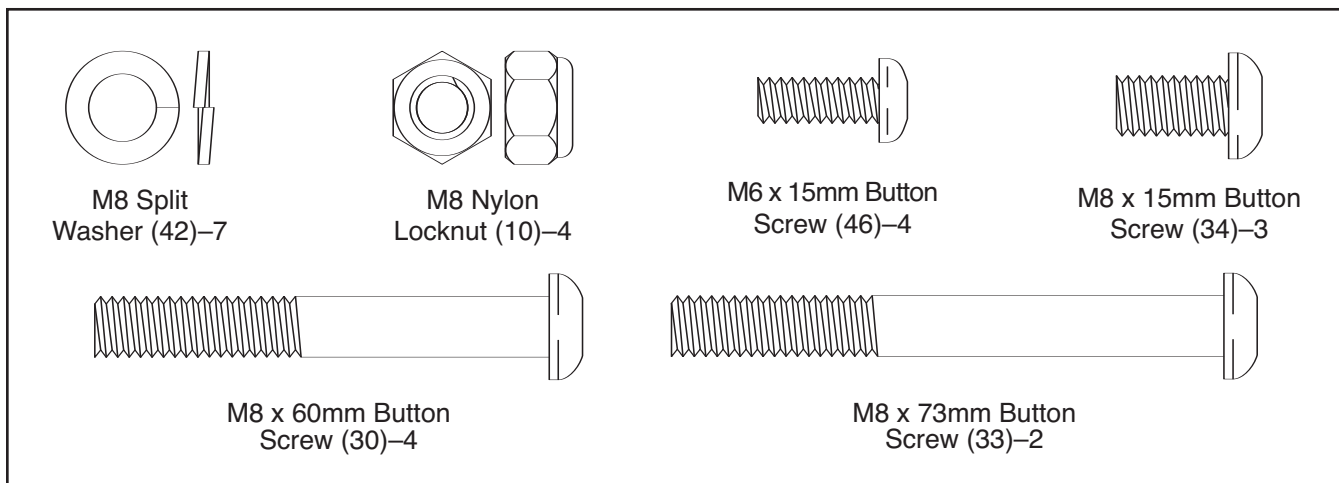
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



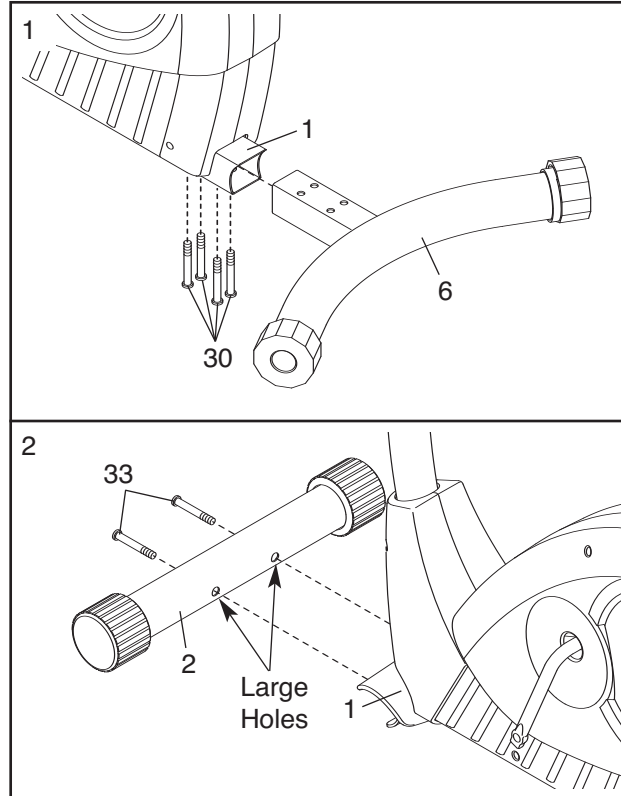
ASSEMBLY

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included tools and your own adjustable wrench** , **Phillips screwdriver** , and **pliers** .

Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled.**

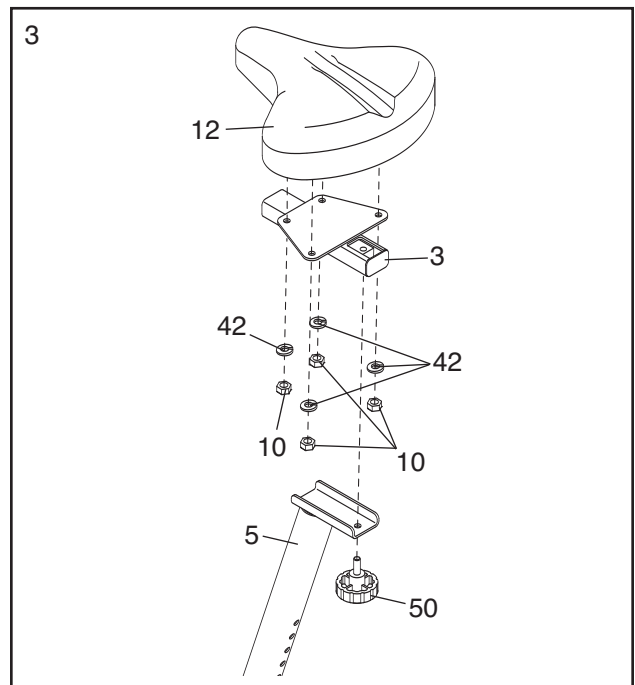


1. Insert the Rear Stabilizer (6) into the Frame (1). Attach the Rear Stabilizer with four M8 x 60mm Button Screws (30).
2. Orient the Front Stabilizer (2) with the large holes facing the Frame (1). Attach the Front Stabilizer to the Frame with two M8 x 73mm Button Screws (33).

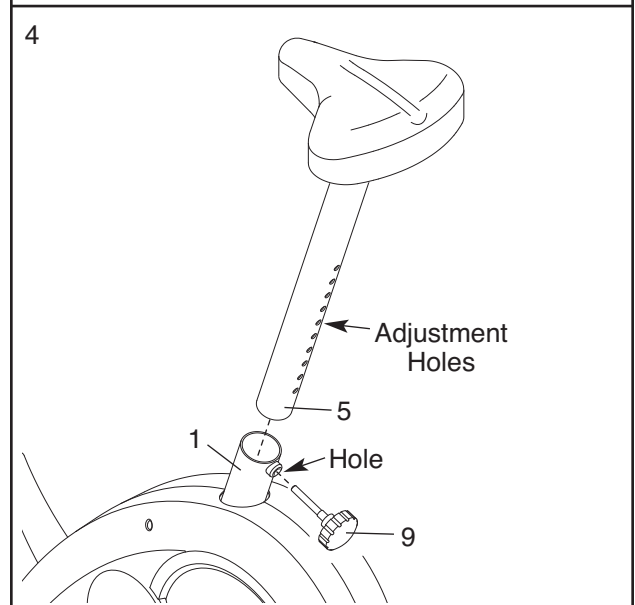


3. Attach the Seat (12) to the Seat Carriage (3) with four M8 Split Washers (42) and four M8 Nylon Locknuts (10). **Note: The Split Washers and the Nylon Locknuts may be pre-attached to the underside of the Seat.**

Remove the Seat Knob (50) from the Seat Post (5). Place the Seat Carriage (3) on the Seat Post and insert the Seat Knob through the Seat Post into the hole in the Seat Carriage. Then, tighten the Seat Knob. **Make sure the Seat Knob is engaged in the hole in the Seat Carriage.**



4. Turn the Seat Post Knob (9) counterclockwise and remove it from the Frame (1). Next, insert the Seat Post (5) into the Frame. Adjust the Seat Post to the desired height and insert the Seat Post Knob through the indicated hole in the Frame into one of the adjustment holes in the Seat Post. Then, turn the Seat Post Knob clockwise until it is tight. **Make sure the Seat Post Knob is firmly engaged in one of the adjustment holes in the Seat Post.**

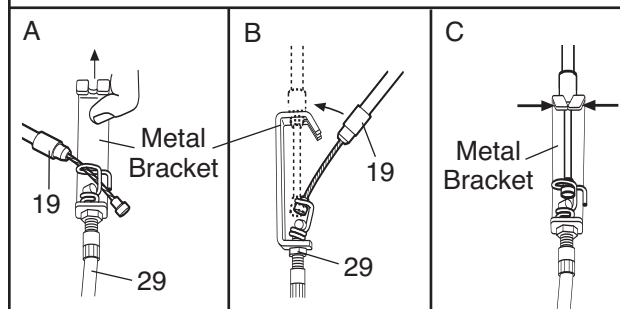
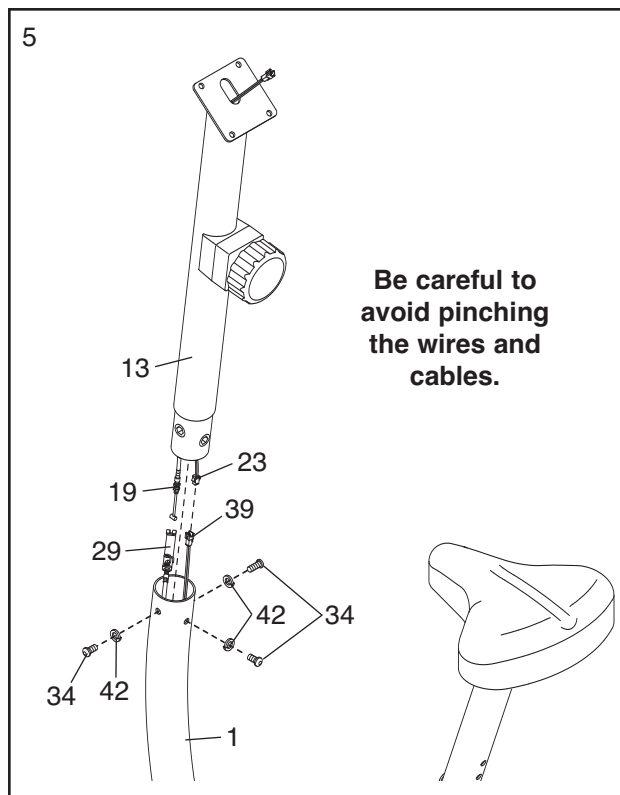


5. While another person holds the Upright (13) near the Frame (1) as shown, connect the Extension Wire (23) to the Reed Switch Wire (39). Next, connect the Resistance Cable (19) to the Lower Cable (29) in the following way:

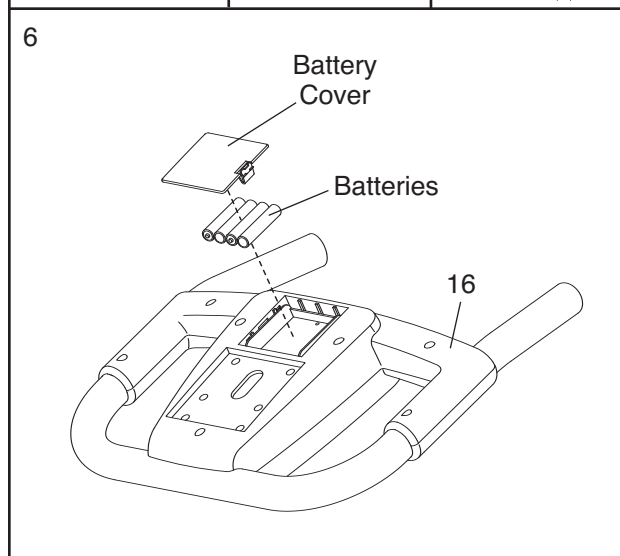
- **See drawing A.** Pull up on the metal bracket on the Lower Cable (29), and insert the tip of the Resistance Cable (19) into the wire clip inside of the metal bracket as shown.
- **See drawing B.** Firmly pull the Resistance Cable (19) upward and slide it into the top of the metal bracket as shown.
- **See drawing C.** Using pliers, squeeze the prongs on the upper end of the metal bracket together.

Push the Wires (23, 39) and the Cables (19, 29) downward into the Frame (1).

Next, insert the Upright (13) into the Frame (1). **Be careful to avoid pinching the wires and cables.** Attach the Upright with three M8 x 15mm Button Screws (34) and three M8 Split Washers (42).

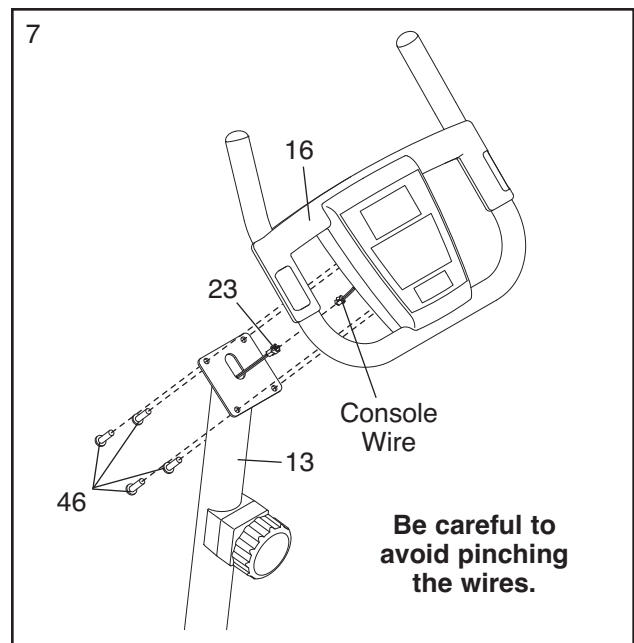


6. The Console (16) requires four AA batteries; alkaline batteries are recommended. Press the tab on the battery cover and remove it. Insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the diagram on the battery cover.** Then, reattach the battery cover.



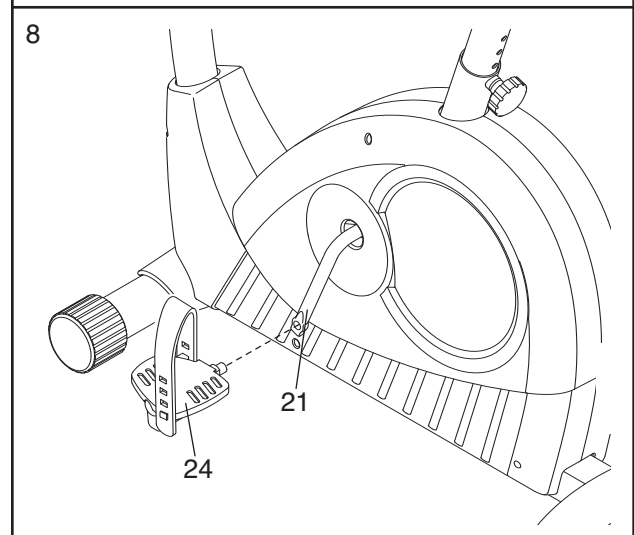
7. While a second person holds the Console (16) near the Upright (13), connect the console wire to the Extension Wire (23). Then, insert the wires downward into the Upright.

Attach the Console (16) to the Upright (13) with four M6 x 15mm Button Screws (46). **Be careful to avoid pinching the wires.**



8. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (21). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

Adjust the strap on the Left Pedal (24) to the desired position, and press the end of the strap onto the tab on the side of the Left Pedal. Adjust the strap on the Right Pedal (not shown) in the same way.

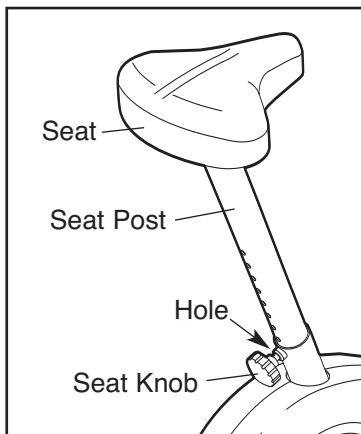


9. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

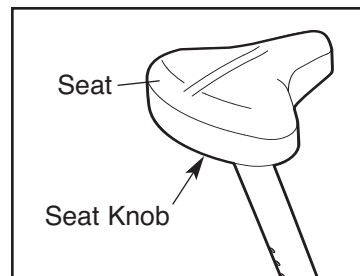
HOW TO ADJUST THE SEAT POST

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the seat knob counterclockwise and remove it. Next, slide the seat post upward or downward and align one of the adjustment holes in the seat post with the indicated hole in the frame. Then, insert the seat knob into the frame and the seat post, and turn the seat knob clockwise until it is tight. **Make sure that the seat knob is inserted through one of the adjustment holes in the seat post.**



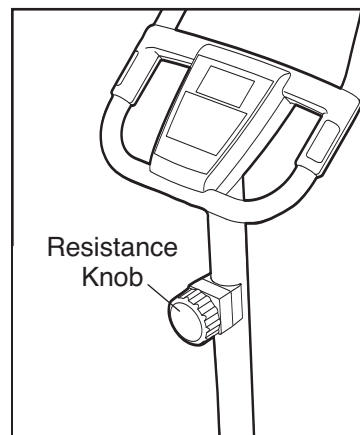
HOW TO ADJUST THE SEAT

To adjust the horizontal position of the seat, loosen the seat knob on the underside of the seat, slide the seat forward or backward to the desired position, and then retighten the seat knob.

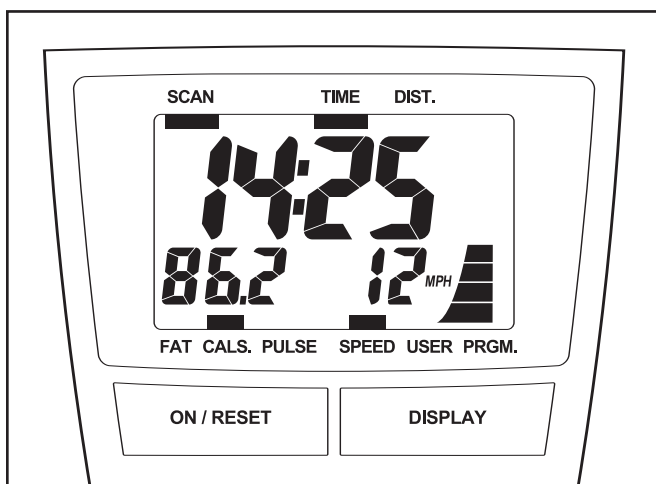


HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise. **Important: Stop turning the knob when turning becomes difficult, or damage may result.**



CONSOLE DIAGRAM



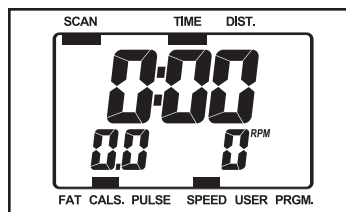
HOW TO USE THE CONSOLE

Before using the console, make sure that batteries are installed (see assembly step 6 on page 6). If there is a sheet of clear plastic on the display, remove the plastic.

Follow the steps below to operate the console.

1 Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display will light for a moment; the console will then be ready for use.

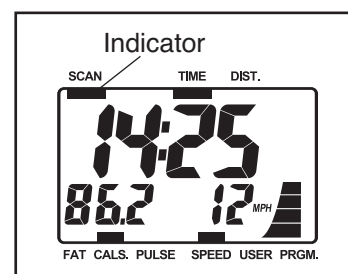


2 Begin pedaling and change the resistance of the pedals as desired.

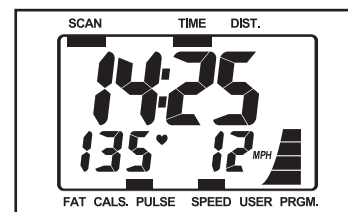
As you pedal, adjust the resistance of the pedals as desired by turning the resistance knob.

3 Follow your progress with the display.

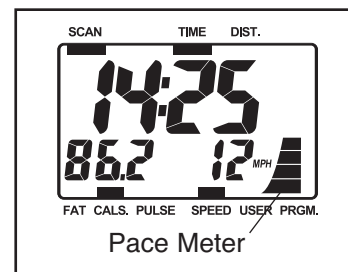
When you turn the power on, the scan mode will be selected automatically. An indicator will appear below the word SCAN to show that the scan mode is selected.



As you exercise, the upper section of the display will alternately show the elapsed time and the distance that you have pedaled; the lower left section of the display will alternately show the approximate number of calories you have burned and the approximate number of fat calories you have burned. The lower right section will show your pedaling speed.



In addition, the pace meter on the right side of the display will provide a visual representation of your pedaling pace. As you increase or decrease your pace, indicators will appear or disappear in the pace meter.



To cancel the scan mode, press the Display button. The indicator below the word SCAN will disappear. The upper section of the display will then show only the elapsed time, and the lower left section of the display will show only the number of calories you have burned. If you press the Display button again, the upper section of the display will show only the distance pedaled, and the lower left section of the display will show only the number of fat calories you have burned. To select the scan mode again, press the Display button repeatedly until an indicator appears below the word SCAN.

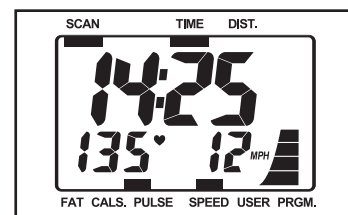
Note: The console can display speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the display to show which unit of measurement is selected. To change the unit of measurement, hold down the On/Reset button for several seconds until the desired unit of measurement appears in the display.

To reset the display, press the On/Reset button. To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

4 Measure your heart rate if desired.

Note: If there are sheets of clear plastic on the metal contacts of the handgrip pulse sensor, remove the plastic. To

measure your heart rate, hold the handgrip pulse sensor, with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes will appear. After a moment, your heart rate will be shown in the display. For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hand excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

5 When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

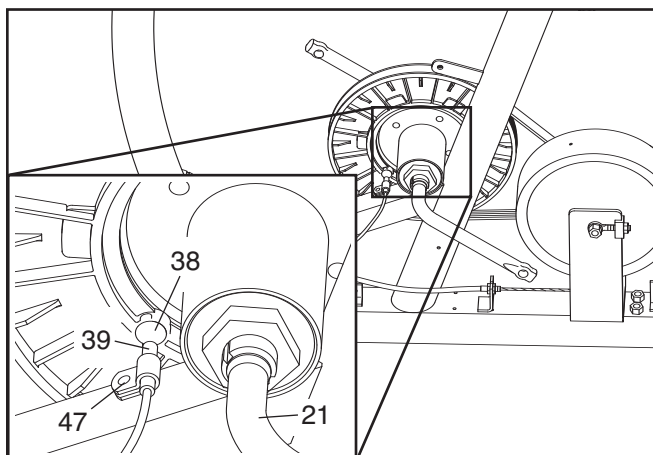
BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 6 on page 6.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the left pedal, the upright covers, and the left side shield must be removed.

Using an adjustable wrench, turn the left pedal clockwise and remove it. Next, remove the screws from the upright covers and the left side shield. Then, carefully remove the upright covers and the left side shield.



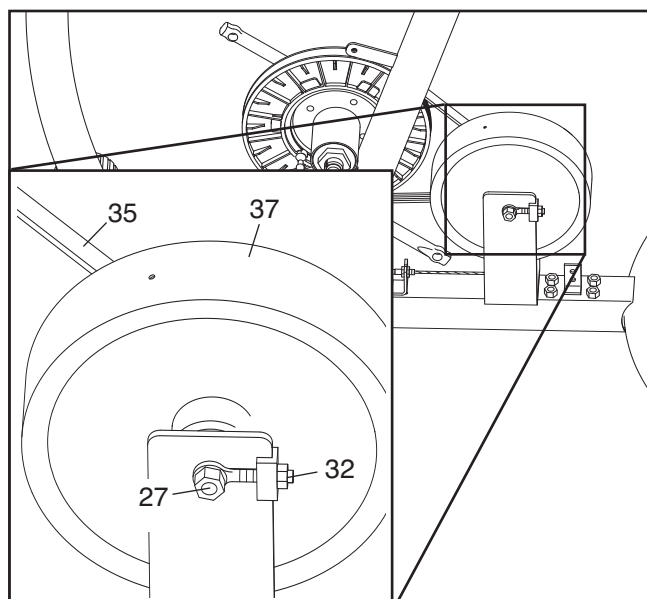
Next, turn the resistance knob to the lowest setting. With the left side shield removed, locate the Reed Switch (39). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M5 x 15mm Screw (47). Slide the Reed

Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield, the upright covers, and the left pedal.

HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is at the highest level, the belt may need to be adjusted. See HOW TO ADJUST THE REED SWITCH at the left and remove the left pedal, the upright covers, and the left side shield.

To adjust the belt, you must also remove the right pedal and the right side shield. Using an adjustable wrench, turn the right pedal counterclockwise and remove it. Then, remove the screws from the right side shield. Then, carefully remove the right side shield.



Next, loosen the two 3/8" Nuts (27), one on each side of the Flywheel (37). Then, tighten the M6 Nylon Locknuts (32), one on each side of the Flywheel, until the Belt (35) is properly tightened. Finally, tighten the 3/8" Nuts and reattach the side shields, the upright covers, and the pedals.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	❤
145	138	130	125	118	110	103	❤
125	120	115	110	105	95	90	❤
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching (see page 13). This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

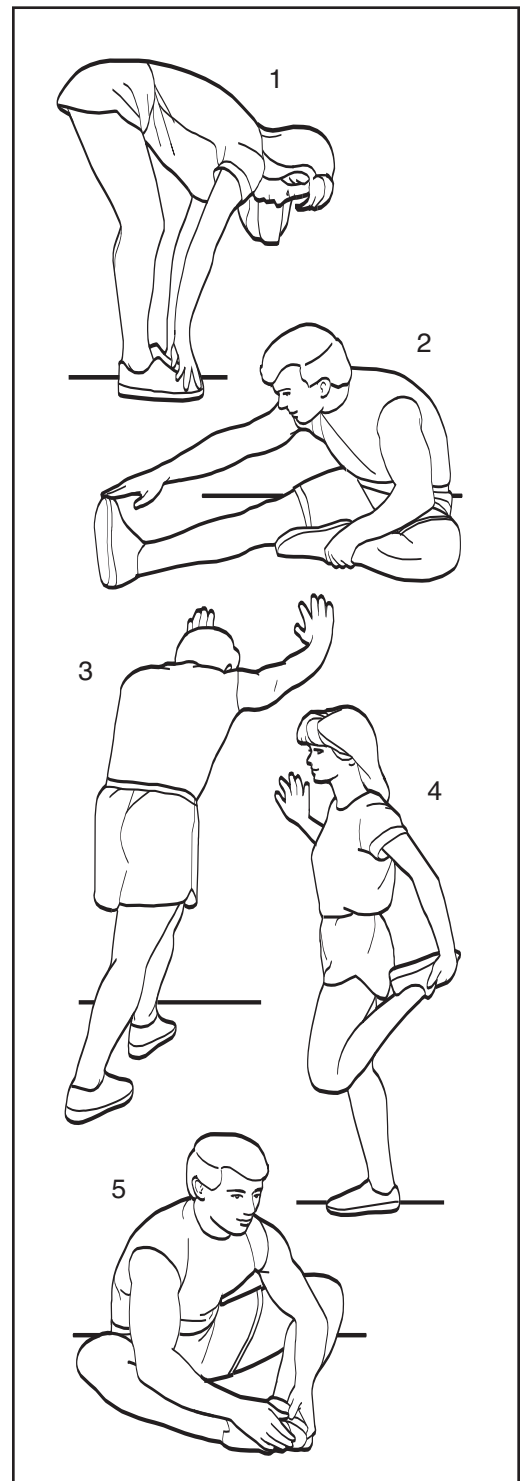
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. WLEVEX1436.0

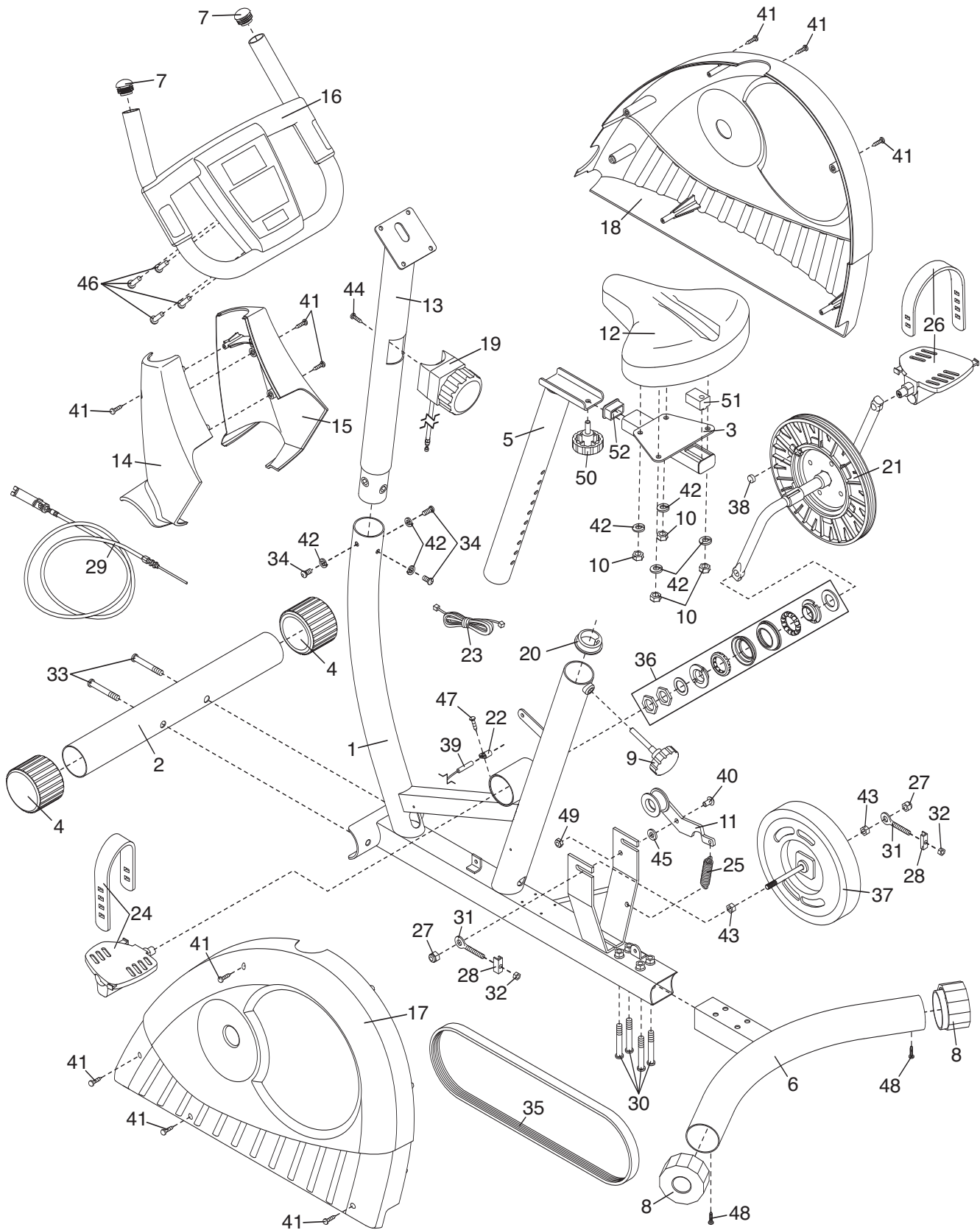
R0906A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	29	1	Lower Cable
2	1	Front Stabilizer	30	4	M8 x 60mm Button Screw
3	2	Seat Carriage	31	2	Eyebolt
4	2	Front Stabilizer Endcap	32	2	M6 Nylon Locknut
5	1	Seat Post	33	2	M8 x 73mm Button Screw
6	1	Rear Stabilizer	34	3	M8 x 15mm Button Screw
7	2	Handlebar Endcap	35	1	Belt
8	2	Rear Stabilizer Endcap	36	1	Crank Bearing Set
9	1	Seat Post Knob	37	1	Flywheel
10	4	M8 Nylon Locknut	38	1	Magnet
11	1	Idler	39	1	Reed Switch/Wire
12	1	Seat	40	1	M8 x 20mm Bolt
13	1	Upright	41	10	M4 x 25mm Round Head Screw
14	1	Left Upright Cover	42	7	M8 Split Washer
15	1	Right Upright Cover	43	2	Flywheel Nut
16	1	Console	44	1	M5 x 50mm Button Screw
17	1	Left Side Shield	45	1	M8 Washer
18	1	Right Side Shield	46	4	M6 x 15mm Button Screw
19	1	Resistance Control/Cable	47	1	M5 x 15mm Screw
20	1	Seat Post Bushing	48	2	M4 x 15mm Screw
21	1	Crank/Pulley	49	1	M8 Nut
22	1	Reed Switch Clamp	50	1	Seat Knob
23	1	Extension Wire	51	1	Seat Block
24	1	Left Pedal/Strap	52	1	Seat Carriage Endcap
25	1	Spring	#	1	User's Manual
26	1	Right Pedal/Strap	#	1	Hex Key
27	2	3/8" Nut	#	1	Assembly Tool
28	2	U-bracket			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WLEVEX1436.0

R0906A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133

Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WLEVEX1436.0)
- the NAME of the product (WESLO PURSUIT T 89 exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14)

WESLO is a registered trademark of ICON IP, Inc.